

UNITY

February 2024
Gold Coast Intergroup
www.oabroward.org



Step Two: Came to believe a power greater than ourselves could restore us to sanity.

Gold Coast Intergroup Announcements



**Thursday's Evening
7pm Cooper City Meeting**
New Format: Hybrid (in person/Zoom)
New Focus: Newcomer/Speaker
2525 Embassy Dr. Suite 10, Cooper City
(Milestones in Recovery/
Embassy Lakes Professional Center)

**Zoom link: [https://us02web.zoom.us/j/87204351241
?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09](https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09)**

Contact Haya at 954-732-7728 for more information.

***Something Fun,
Old Meeting Reunites with New!***

**Saturday Morning
Good Shepherd Church
In Person Meeting
6301 SW 18th St. Boca Raton**

New Time: 9:30am-10:30 am

Contact Fred at 561-716-4455 for more information.

Please Change
Gold Coast Intergroup
7th Tradition information
**from Venmo to our
new Zelle account
goldcoastoa@gmail.com**

**Our Intergroup will be
co-hosting the Fall 2024
Region 8 Convention and
Business Assembly
with the
Palm Beach County
Intergroup.**

*Please contact Andi S. at 954-295-1123
for more information and for service
opportunities.*

Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer & meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

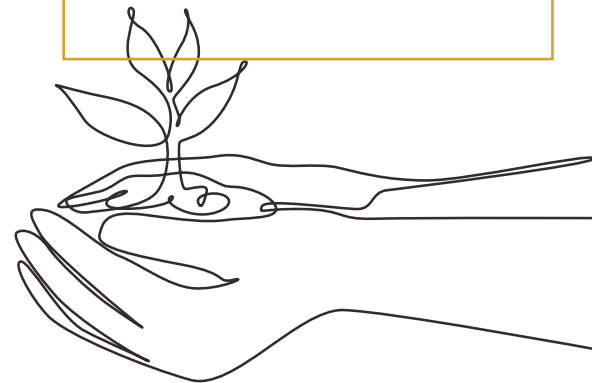
Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Principle of Step #2
Hope

Principle of Tradition #2
Trust

Principle of Concept #2
Conscience



Recover. Recover. Recover.

When I heard Step Two read aloud at meetings, it used to bother me. "Restored to sanity?" I thought disbelievingly. **"I can't point to a time when I ever was sane! What sanity is there to restore me to?"**

Indeed, I behaved very insanely before I came into program, which was ten years ago. I used to sneak food and hide wrappers; plan to eat just one, but finish the whole box; and bring home several days' worth of binge food and eat it all in front of the TV at one sitting.

Also insane were the mental games I'd play. I'd fixate on food at every party and ignore the people attending. I'd deny myself "bad" food for a while, trying to feel "pure." Then I'd throw self-control out the window and dive in. When I was angry, sad, or upset, I'd drown the feelings in food before I ever had a chance to feel them.

Once I entered OA and started working the Steps, I was sure I didn't want to be restored to that state. So how could I work Step Two?

Then I remembered another meaning of "restore."



I have friends who bought a house over a hundred years old, and they set about restoring it. Not only did they fix broken stairs and replace missing roof shakes, they did more. They pored over books and catalogs to understand how their house might have been intended to look when it was designed.

They researched paint colors and molding trims. They scoured antique sales to find just the right furniture to go inside. They lovingly hung curtains and found linens to match. They didn't care whether their house originally had those things; they wanted to make it the best it could be.

This is how God is restoring me. God is not just fixing what's broken, but lovingly giving me all the comforts and beauty he wanted me to have all along. I'm being restored to a much better state than I've ever been before.

— Anonymous

Finding a higher power is critical to regaining control and sanity in our lives, but it can be intimidating for those who do not identify with organized religion or a traditional belief in God. Finding a force for good in whom we feel at ease and in whose judgment and wisdom we have faith is critical to working through this stage. This could be a traditional deity, a spiritual being, a human, or even a natural phenomenon.

Atheists and agnostics might have a harder time going through this process, but they might still detect signs of a higher force in the things that give their lives purpose. Building a strong, healthy relationship with them is essential if we are to fulfill the higher power's purpose for us and stay on the correct path. It's crucial to keep in mind that our beliefs must serve us and keep us moving in a more positive and healthy direction. The most important thing is to find a higher power that we can relate to.

*Lack of power, that was our dilemma.
We had to find a power by which we could live,
and it had to be a power greater than ourselves. Obviously.
But where and how were we to find this power?* *Big Book page 45*

Open Mindedness Required

Working step 2 can seem like a daunting and confusing task for those that have never had a relationship with a higher power before. That being said, the only thing truly required to work the 2nd step is open-mindedness.

The Big Book describes step 2 clearly on page 47, “When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to affect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow, we had to begin somewhere. So, we used our own conception, however limited it was. We needed to ask ourselves but one short question.

“Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. **It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.”**

– Anonymous



Step Two: Restore Your Sanity



Does bulimia bring you closer to the life you want or take you away from it?

Does bulimia resolve your problems, remove obstacles and bring your joy or does it keep bringing you sadness and loneliness?

Which would you rather have – a life of happiness that is your destiny or another day with bulimia running the show?

The word that jumps out at me in that step is sanity. I am instantly taken back to the whole insanity that is living a life with bulimia. You really start to feel like a crazy person. You can't eat what other people eat. You don't think like other people think. You don't look like you want to look. Nothing in life works. No wonder you just want to crawl away and hide out!

Now that I look at my food addiction in the light of recovery I have a different perspective. What I see for bulimics still suffering is a reminder of the definition of insanity from Benjamin Franklin:

Doing the same thing over and over and expecting different results.

The insanity of bulimia is partly due to the fact that you keep binging and purging expecting life to get easier or you'll look better or you'll be happy again. **You're sort of in a rut of doing the same thing over and over and expecting life to start getting better by itself.** *Nope, not gonna happen.*

Your life starts to get better when you take responsibility for it. You take ownership of the fact that you're using food to avoid your feelings, people, and situations you would rather not deal with. The insanity is expecting the outside world to look better when you're not doing anything to change who you

are. Well, I can tell you after 20 years with bulimia life was just as unfulfilling at year 20 as it was at year 1 because I had not done any growing. I did a lot of avoiding. I did a lot of blaming.

The other thing that speaks to me in this step is the idea of FAITH. I don't mean faith like a lot of religions have come to describe it in terms of a belief in their God. I look at it as faith in yourself. **Faith in your inner being, higher self, spiritual self to bring about the transformation of who you are to restore your joy, your bliss.**

Step Two fits perfectly between Step One and Step Three. **It's sort of the natural path of admitting the problem (step 1) and surrendering to the Universe (step 3) to bring about the solution.** In Step 2 you're becoming aware that you have responsibility for the outcomes in your life and you realize life will continue to look the same unless you take a step of faith and surrender to your higher self.

How do I put this into practice in my life? Really great question. So glad you asked!

Only you can make the choice to stop the insanity and overcome bulimia. Take a good look at your daily actions and become aware how bulimia fits in with the life you see for yourself.

– Anonymous

Gold Coast Intergroup Meeting List (as of 1/28/2024)

All Zoom meetings have the same dial in number: **1-646-558-8656** and the same **Password: 954954** (except when noted below)
- Check OABroward.org for the most updated meeting list -

Monday

10:00 AM St. Benedict's Episcopal Church Zoom

Zoom link:

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09

Zoom ID: 750 162 024 - Password 954954

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

Meeting Number: #800665

10:30 AM 4th Dimension Zoom

Zoom link:

zoom.us/j/733969447?pwd=VGhJQitFY1NLKON1aXNGS1B5cTVOdz09

Zoom ID: 733 969 447- Password 954954

Meeting Type: 12 Steps & 12 Traditions

Contact: Ellie (248) 342-8822

Meeting Number: #801252

7:00 PM Regents Park Zoom

Zoom link:

zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpK3FXRzlydz09

Zoom ID: 305 659 342- Password 954954

Meeting Type: Beginners and discussion

Contact: Bobbie (561) 477 -7914

Meeting Number: #27229

Tuesday

10:00 AM Good Shepherd Lutheran Church Zoom

Zoom link:

zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09

Zoom ID: 819 491 242- Password 954954

Meeting Type: OA/AA 12&12 Step Meeting

Contact: Nancy (561) 343-5587

Meeting Number: #02797

Tuesday (continued)

7:00 PM Crossroads 100 lb Zoom

Zoom link:

zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09

Zoom ID: 516 282 779- Password 954954

Meeting Type: 100 lb (all are welcome)

Contact: Marcia (917) 693-4729

Meeting Number: #54776

7:00 PM Our Lady of Lourdes Boca Raton - **IN PERSON**

Location: Our Lady of Lourdes Church

22094 Lyons Rd., Boca Raton

Location Notes: Lourdes Christian Formation Center

Bldg., Room 201

Meeting Type: Literature

Contact: Ron (561) 483-0500

Meeting Number: #00903

Wednesday

10:00 AM Science of Mind Church Zoom

Zoom link:

zoom.us/j/654731057?pwd=QIVReUxGRHYOMGhleGxBNmRTQ0pDdz09

Zoom ID: 654 731 057- Password 954954

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

Meeting Number: #30002

10:00 AM TY Park – Zoom meeting

Zoom link:

zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09

Zoom ID: 290 923 334- Password 954954

Meeting Type: OA 12&12 on 1st, 3rd & 5th Wed. - Big Book of AA on 2nd & 4th Wed.

Contact: Ellie (248) 342-8822

Meeting Number: #800997

Wednesday (continued)

10:00 AM TY Park - **IN PERSON**

Location: T.Y. Park - 3300 N Park Rd, Hollywood
On Atlantic Street - Keep right and follow sign to
Pavilion #2.

Meeting Type: Big Book
Contact: Leon (305) 302-1377
Meeting Number: #27545

11:00 AM - Coral Springs Literature - **IN PERSON**

Location: Coral Springs Medical & Dental Senior
Center in Coral Palm Plaza (contains Doris's Italian
Market & Michael's). 2029 N. University Dr. Coral
Springs. Meeting location is near Panera on south end
of plaza.

Meeting Type: OA Literature
Contact: Sue R. (754) 307-5678
Meeting Number: #57389

6:30 PM Prince of Peace Lutheran Church Zoom

Zoom link:
zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09

Zoom ID: 337 815 181- Password 954954

Meeting Type: Beginner / Literature
Contact: Mike (954) 675-7382
Meeting Number: #800744

Thursday

9:30 AM Good Shepherd Lutheran Church Zoom

Zoom link:
zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09

Zoom ID: 268 739 522- Password 954954

Meeting Type: 11th Step/Spirituality
Contact: Jody S. (561) 212-7366
Meeting Number: #56655

10:00 AM St. Benedict's Episcopal Church Zoom

Zoom link:
zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09

Zoom ID: 750 162 024- Password 954954

Meeting Type: OA Steps / Abstinence / Literature
Contact: Brenda (954) 609-7393
Meeting Number: #800666

Thursday (continued)

1:00 PM Good Shepherd Big Book - **IN PERSON**

Location: 6301 SW 18th St. Boca Raton
Meeting Type: Big Book Meditation
Contact: Bobbie E. (954) 415-6005
Meeting Number: #53679

7:00 PM Cooper City Newcomer/Speaker – **HYBRID**

Location: 2525 Embassy Dr. Suite 10, Cooper City
(Milestones in Recovery/Embassy Lakes Professional
Center)

Zoom link:

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09>

Zoom ID: 872 0435 1241 – Password 954954

Meeting Type: Speaker
Contact: Haya P. (954) 732-7728
Meeting Number: #57865

Friday

10:00 AM Voices of Recovery Zoom

Zoom link: <https://us02web.zoom.us/j/89741340714>

Zoom ID: 897 4134 0714 - Password 561561

Dial in number 1-929-205-6099
Meeting Type: Literature
Meeting Number: # 800108

Saturday

9:30 AM Good Shepherd Zoom

Zoom link:
zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09

Zoom ID: 669 862 116- Password 954954

Meeting Type: 90 Day Speaker (Special Interest)
Contact: Alan S. (561) 400-1493
Meeting Number: #800526

9:30 AM (**New Time**) Good Shepherd– **IN PERSON**

Location: 6301 SW 18th St. Boca Raton.
Meeting Type: Topic meeting
Contact: Fred 561-716-4455
Meeting Number: #57655

Saturday (continued)

10:00 AM A Vision 4 You/Plantation Zoom

Zoom link:

zoom.us/j/194605389?pwd=c0lDdnprbFVfStPUmVjd1RwK0pOQT09

Zoom ID: 194 605 389- Password 954954

Meeting Type: A Vision 4 You/Big Book/Speaker

Contact: Nancy (954) 600-9513

Meeting Number: #800955

Sunday

12:15 PM Pride Center Zoom

Zoom link:

zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxIRGVpVHhEWfZCQT09

Zoom ID: 150 175 349- Password 954954

Meeting Type: Newcomer / Speaker

Contact: Jules (954) 594-7985

Meeting Number: #46694

Next Gold Coast Intergroup Meeting:

Please be sure to join us remotely for
the next GCIG Meeting
on the 3rd Sunday of every month at 2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/84375463048?pwd=dEgyRnFNSXhHVXBXNVB4a09vazBpUT09>